

# PLANNING COURS COLLECTIFS

# Magic Form

Créteil

À PARTIR DU 4 SEPTEMBRE 2023

**HORAIRE :**

SEMAINE 07h - 22h

WEEK-END 09h - 19h

01 48 98 04 04

magicformcreteil@gmail.com

Les cours LesMills, Yoga, Zumba sont en option et sur réservation.

Téléchargez vite notre application mobile

MAGIC FORM FRANCE



	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
MATIN	10h – 10h45 LES MILLS RPM	10h – 10h45 PILATES	9h – 10h ZUMBA	9h30 – 10h15 ABDOS FESSIER	9h30 – 10h30 LES MILLS BODYBALANCE	10h – 10h30 STRETCHING	9h30 – 10h30 LES MILLS BODYBALANCE
	10h45 – 11h15 BODY SCULPT	10h45 – 11h30 CAF	10h – 10h45 SWISS BALL	10h15 – 11h ZUMBA STEP	10h30 – 11h30 CROSS TRAINING	10h30 – 11h15 LES MILLS RPM MOUNTAIN	10h30 – 11h30 STEP intermédiaire
	11h15 – 12h PILATES	11h30 – 12h15 LES MILLS BODYPUMP	10h45 – 11h45 LES MILLS BODYBALANCE	11h – 11h45 LES MILLS BODYCOMBAT	11h30 – 12h STRETCHING	10h30 – 11h30 ZUMBA	11h30 – 12h30 LES MILLS BODYPUMP
	12h – 12h30 STRETCHING			11h45 – 12h30 LES MILLS BODYPUMP	12h15 – 12h30 ABDOS	11h30 – 12h15 LES MILLS BODYPUMP	12h30 – 13h15 LES MILLS BODYCOMBAT
MIDI	12h30 – 13h15 CIRCUIT TRAINING	12h30 – 13h15 LES MILLS RPM	12h30 – 13h30 STRONG NATION	12h30 – 13h15 CAF	12h30 – 13h15 LES MILLS RPM	12h15 – 13h BODY ZEN	13h15 – 14h30 YOGA
	17h45 – 18h30 HIT FITNESS	18h – 18h45 BODY ZEN	17h30 – 17h45 100% ABDOS	18h – 18h45 SWISS BALL	18h – 18h45 PILATES	15h – 15h30 HIT FITNESS	
SOIRÉE	18h30 – 19h30 LES MILLS BODYPUMP	18h45 – 19h30 LES MILLS BODYPUMP	17h45 – 18h15 CUISSSE FESSIER	18h45 – 19h30 LES MILLS BODYPUMP	18h45 – 19h30 CAF	15h30 – 16h15 CAF	
	19h30 – 20h30 ZUMBA	19h30 – 20h15 LES MILLS BODYCOMBAT	18h15 – 19h15 STEP AFRO	19h30 – 20h15 CARDIO ATTACK	19h30 – 20h30 STEP AFRO	16h15 – 17h15 LES MILLS RPM	
	19h30 – 20h30 LES MILLS RPM	20h15 – 21h LES MILLS RPM SPRINT	19h15 – 19h45 BODY SCULPT	20h15 – 20h30 100% ABDOS		17h15 – 18h STEP intermédiaire	
	19h45 – 20h30 CROSS TRAINING	20h15 – 21h15 YOGA	19h15 – 20h CROSS TRAINING	20h30 – 21h30 ZUMBA		18h – 18h45 MAGIC JAM	
	20h30 – 21h45 BOXE		20h – 21h30 BOXE				

